



Menu of Services



### Chuan Body + Soul at The Langham, Hong Kong

As a wellness sanctuary that evokes a sense of intimacy and indulgence, Chuan Body + Soul at The Langham, Hong Kong is based on the Chinese philosophy of the five elements – wood, fire, earth, metal and water – creating a floating haven away from the outside world where mind, body and soul connect to rediscover your source. With Chuan meaning a serene course of water in Chinese, the culture believes that flowing water is seen to be the source of life and balance. This oasis is modelled to reflect this harmony by using the principles of Feng Shui and embraces a natural aesthetic that pays homage to its earth tone heritage with touches of jade and bronze. The exclusive treatment facilities include sauna and showers, which alongside The Langham's service with poise, makes Chuan Body + Soul the perfect place to restore divine balance.



## Product Range

### Chuan Spa Treatments and the Five Elements

The foundation of our Chuan Spa signature treatments is the five elemental forces of wood, fire, earth, metal and water. These life elements combined with your energy flow and the influence of hot and cold have great influence on your well-being.

Spending a moment to complete a five element sensory test at the beginning of your journey ensures your therapy addresses the imbalances of your life elements. Your selected element may change on a daily basis and is affected by what you eat, the seasons of the year as well as your bio-rhythms.

Our range of five-element essential oils, massage oils and teas have been created exclusively to leave you feeling relaxed and refreshed.

### heaven<sup>®</sup> Heaven Treatments

Heaven by Deborah Mitchell is an award-winning skincare brand that offers a holistic collection of powerful and result-driven treatments. The all natural organic range of products offers the potent power of nature in perfect harmony with the latest breakthroughs in beauty technology.

With over 25 years of experience as an esthetician, Deborah has developed a completely unique approach to looking after the skin using extensive knowledge of ancient herbal remedies. Heaven seeks not to add more oil, but focus on moisturising to plump out skin cells, making the complexion more lustrous and youthful. With Heaven, you can realise your own natural beauty and be healthy and happy with radiant skin.

Creator and patent owner of the Bee Venom products ABEETOXIN<sup>®</sup>, Deborah has also won more than 25 Stevie Awards for this luxury line that uses the natural alternative to Botulinum Toxin, otherwise known as Botox. The bee venom harvested from a beehive is the natural toxin to work synergistically for an instant anti-aging effect.



## Chuan Signature Escapes

These packages combine unique elements from both our Chuan Signature and Heaven treatment range, to provide timeless Chuan experiences.

### Chuan Body Elements 1 hour 30 minutes

Start by restoring balance and reducing tension with our signature Chuan Harmony massage. Then nourish the skin with the hydrating benefits of the Heaven Angel Facial Therapy care. A perfect escape to soothe the soul and restore vitality.

### Chuan Ritual 2 hours 30 minutes

Select from our signature massages, Heaven facials and extra oriental pampering to be your own luxurious ritual.

Choose from:

- Chuan Signature Massage (60 minutes)  
Chuan Harmony or Chuan Balancing
- Heaven Facial (60 minutes)  
Angel Facial Therapy or Bee Sting Facial Therapy
- Chuan Extra Retreat (30 minutes)  
Chuan Mini Feet Retreat or Intensive Hair Repair Scalp Massage



## Chuan Signature Massages

At Chuan, our massage therapies combine traditional Chinese massage techniques and private label blended oils to restore balance and harmony.

### Chuan Signature Neck,

#### Back and Shoulder Massage 30 minutes

Ideal for those who have limited time or a perfect add-on treatment to enhance your time with us. A deep acupressure oil massage focusing on the neck, back and shoulders.

### Chuan Balancing 1 hour / 1 hour 30 minutes

This massage incorporates acupressure techniques which are well-known for their ability to release muscular tension and promote the circulation of the body's life force (Qi) to aid healing. Acupressure is an ancient art that uses mild pressure to stimulate the body's natural self-curative abilities.

### Chuan Harmony 1 hour / 1 hour 30 minutes

Designed to stimulate meridian harmony, this unique mind, body and soul experience combines the therapeutic elements of acupressure with various relaxation massage techniques to induce a deep sense of calm. This full body oil massage stimulates a sense of well-being and relaxation.

## Massages

### Deep Tissue Massage 1 hour / 1 hour 30 minutes

This western style massage focuses on the deeper layers of the muscle tissue. It aims to release chronic patterns of tension in the body through slow strokes and very deep strong finger pressure on the contracted areas.

### Chuan Recommended Add-ons

To complement our Massages, we recommend the following:

- Chuan Signature Facials  
(30 minutes - 1 hour 15 minutes)
- Chuan Signature Foot Treatments  
(1 hour - 1 hour 30 minutes)



## Chuan Signature Facials

### heaven<sup>®</sup> Chuan Yu 1 hour 15 minutes

Ancient Gua Sha technique is applied to revitalise different skin types. Through scraping on important meridian points, it increases the flow of body circulation. With the use of Jade, known as a healing stone, the treatment will nurture, heal and restore your skin. Suitable for all skin types and not recommended for those with acne or very delicate skin.

### Heaven Facials

Blending nature in perfect harmony with the latest breakthroughs in beauty technology, this range of organic products brings forth your skin's fullest potential.

### heaven<sup>®</sup> Heaven Express Facial 30 minutes

This treatment is a quick fix and instant boost for those on the go using Heaven Hero products, including the ABEETOXIN range, leaving your skin glowing fabulously. Suitable for all skin types.

### heaven<sup>®</sup> Bee Peel Facial 30 minutes

An organic facial treatment giving Medi-spa results with organic coconut, apple and raw sugar cane, the skin resurfaces with a youthful look and minimises the visibility of fine lines, scars, pigmentation, sallow skin, blemishes and enlarged pores. An 18% glycolic peel first dissolves dead skin cells to give an even exfoliation, whereby the product penetrates deeper into the skin to restore a healthy pH balance. A course of three treatments is recommended for optimal results.

### heaven<sup>®</sup> Angel Facial Therapy 1 hour

After a thorough skin analysis, this treatment combines lymphatic drainage and specially developed acupressure movements for a fantastic deep cleansing and hydrating facial, giving your skin an instant glow. Suitable for all skin types.

### heaven<sup>®</sup> Bee Sting Facial Therapy 1 hr 15 minutes

This signature treatment from Heaven offers a phenomenal experience with immediate results using a natural alternative to Botulinum Toxin, otherwise known as Botox, with the patented ABEETOXIN®. The face firming massage technique is combined to work in synergy for an anti-aging effect and increases blood flow to tighten the underlying muscles and stimulates collagen, as well as creates elastin production in the skin.

### heaven<sup>®</sup> Dream Therapy Facial 1 hour 15 minutes

Designed to bring you into a deep state of relaxation, this soothing massage uses the unique blend of Dream serums and oils to deeply nourish and relax the skin, ease out shoulder and face tension to reduce mental stress. It also stimulates blood circulation to the face, leaving the skin with a renewed glow and youthful freshness. Suitable for all skin types.

### Chuan Recommended Add-ons

To complement our Facials, we recommend the following:

- Chuan Signature Massages  
(30 minutes – 1 hour 30 minutes)
- Chuan Signature Foot Treatments  
(1 hour – 1 hour 30 minutes)



## Chuan Signature Man

### Chuan Man's World

1 hour 15 minutes

This treatment commences with a back exfoliation to help cleanse and replenish the skin leaving it revived and re-energised, followed by a relaxing massage to release muscular tension. The treatment concludes with a purifying facial cleanse, specifically designed for a man's complexion.

### Chuan Recommended Add-ons

To complement our Man treatments, we recommend the following:

- Chuan Signature Massages  
(30 minutes – 1 hour 30 minutes)
- Chuan Signature Foot Treatments  
(1 hour – 1 hour 30 minutes)



## Chuan Signature Foot Therapies

### Chuan Feet Retreat

1 hour

This refreshing treatment enhances circulation and enlivens tired and aching feet. Relax as we immerse your feet in a warm aromatic foot soak, then softening the skin with warm oil and an herbal salt exfoliation. A refreshing foot mask is also applied to revitalise the feet. Integrating the benefits of Chinese pressure points to release tension and clear energy blocks, your feet will be completely refreshed and pampered.

### Chuan Heavenly Jing Luo

1 hour 30 minutes

This unique Chuan Signature foot treatment is designed to maintain a healthy equilibrium between mind and body by optimising the blood and “Qi” flow, strengthening the immune system and promoting revitalisation. With the use of Jing Lou acupressure techniques and reflex points, along with Traditional Chinese herbs and hot stones, this treatment helps aid in detoxification, induces deep relaxation and nourishes the skin.

### Chuan Recommended Add-ons

To complement our Foot treatments, we recommend the following:

- Chuan Signature Massages  
(30 minutes – 1 hour 30 minutes)
- Chuan Signature Facials  
(30 minutes - 1 hour 15 minutes)





## Lifestyle

We cordially invite you to sculpt your body and soul.

### Health Club

Located on level 15 is our Health Club with state-of-the art equipment including cardiovascular and strengthening machines, together with a comprehensive range of free weights. The latest in audiovisual equipment allows you to enjoy your favourite music / channel while working out to help you achieve your personal health and fitness goals. A day pass is available for a fee.

### Members' Friends and Family

HK\$200 per person Monday – Friday

HK\$300 per person Saturday, Sunday & Public Holidays

### Non-members

HK\$400 per person Monday – Friday

HK\$500 per person Saturday, Sunday & Public Holidays

### Swimming Pool

Perched adjacent to the Health Club is our 298 square metre rooftop heated swimming pool that creates a heavenly retreat. The pool deck is lined with luxurious pool lounges, and a Jacuzzi to massage your stress away.

### Changing Room

After your work-out, retreat to our well-equipped changing rooms to enjoy the sauna or freshen yourself in the shower and vanity areas equipped with private lockers.

### Health Club Membership

Exclusive Health Club memberships are available to suit your personal needs. Individual memberships are available.

For more information, please contact Chuan Body + Soul.

### Personal Trainer

If you need more guidance using the fitness equipment or extra motivation to achieve your goals, a Personal Trainer can help boost your knowledge and confidence.

Your Personal Trainer can advise you on a number of sessions best suited to your requirements and achieving your goals. They will guide you through each step of your new lifestyle, setting up workouts for the week, planning your nutrition, fitness assessment, monitoring your progress and providing detailed reports on every aspect of your health and fitness.

The initial session is divided in to three sections: Fitness Assessment, Programme Design and Training Session.

Your Personal Trainer works with you to set goals and then check / record key areas of your fitness and general health. A programme is designed, based on your aspirations and the results of the fitness assessment. Your Personal Trainer then guides you through a one-on-one training session focusing on technique, posture and overall level of fitness. Individual Personal Training is priced at HK\$800 per hour.



## Chuan Experience

### Chuan Scheduling

We highly recommend to book your treatment in advance to secure your preferred day and time. This can be done in person, over the telephone (852) 2132 7880, by email at [tlhkg.info@chuanbodyandsoul.com](mailto:tlhkg.info@chuanbodyandsoul.com) or on our website [langhamhotels.com/hongkong](http://langhamhotels.com/hongkong).

Any change to a scheduled treatment booking time requires a minimum of 6 hours advance notice.

Please arrive at least 30 minutes before your scheduled appointment time to check in and enjoy the facilities at Chuan Body + Soul.

A valid credit card, email and telephone number are required to reserve any treatments and packages.

### Chuan Cancellation Policy

Please notify us 6 hours in advance to avoid a 50% charge should you need to reschedule or cancel your treatment. Any no-shows will be charged the full treatment fee. All packages and products are non-refundable.

### Chuan Day Spa Users

Day spa users with a minimum spend of HK\$580 can enjoy the Chuan Body + Soul facilities, including the rooftop swimming pool, Health Club and sauna, and fully equipped shower and changing rooms.



## How To Spa

### Check-in

When you arrive at Chuan Body + Soul you will be asked to complete a brief lifestyle elemental questionnaire to determine which treatments will best suit your needs. At this time please inform our Spa Reception if you have any health concerns.

We recommend some time before your treatments to shower and enjoy the therapeutic benefits of our wet facilities – sauna, showers and swimming pool.

While we will always try to accommodate your treatments, late arrival may mean a reduction in your treatment time due to prior bookings.

### Health

Please remember to drink fluids, especially water during and after your time at Chuan Body + Soul. Most of us do not take in enough fluids daily – so please remember the source of life.

Gentlemen should shave a few hours before any facial treatment to increase comfort.

If you have enjoyed a massage we suggest you leave the oils on your skin for up to 2 hours before taking a shower so that your skin fully absorbs the oils' properties. If you are pregnant or have any other condition that you feel we should be aware of, please inform the receptionist and your therapist.

Our therapists are fully trained to ensure your treatments are some of the best you will experience. However, please inform them at any time if you are uncomfortable or require anything else during your treatment from massage pressure to room temperature.

### Etiquette

Mobile phones, while a necessary part of modern living, are not permitted in any of our treatment rooms or relaxation lounges. In all other areas, please be considerate of other guests and switch them to quiet or meeting mode.

### Minimum Age

The Chuan Body + Soul and Health Centre are only appropriate for guests 16 years and older.

### Spa Wear

We provide disposable underwear for your privacy and our therapists will advise you on their usage. They should be worn during water based treatments and massage treatments – our therapists are fully trained to drape you to protect your privacy at all times.

### Valuables

We recommend you leave valuables in your room or at home, we do not assume liability for any valuables.

### Gratuities

Gratuities for good service are at the guest's discretion.

### Others

Gambling, smoking and alcohol consumption within Chuan Body + Soul and the Health Club area are strictly prohibited. Smoking is also not allowed by the swimming pool and please refrain from drinking any alcoholic beverage 3 hours before your treatment.

The therapist reserves the right to terminate the treatment if he / she feels the guest's behaviour is undesirable.



**The Langham, Hong Kong**

15/F, 8 Peking Road, Tsim Sha Tsui, Hong Kong

T (852) 2132 7880 F (852) 2132 7626 [tlhkg.info@chuanbodyandsoul.com](mailto:tlhkg.info@chuanbodyandsoul.com)

[langhamhotels.com/hongkong](http://langhamhotels.com/hongkong)

